

# Meditative Colouring



Pick up a pencil, pick up a colouring sheet, and get lost in the play and beauty of it all. It's a great stress reliever in the middle of your week. Colouring pages and pencils provided, but feel free to bring your own.

**When:** Wednesdays starting 12:00-1:00pm

**Where:** Multi-faith and Spirituality Centre (2090 Mackay) Z-05

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